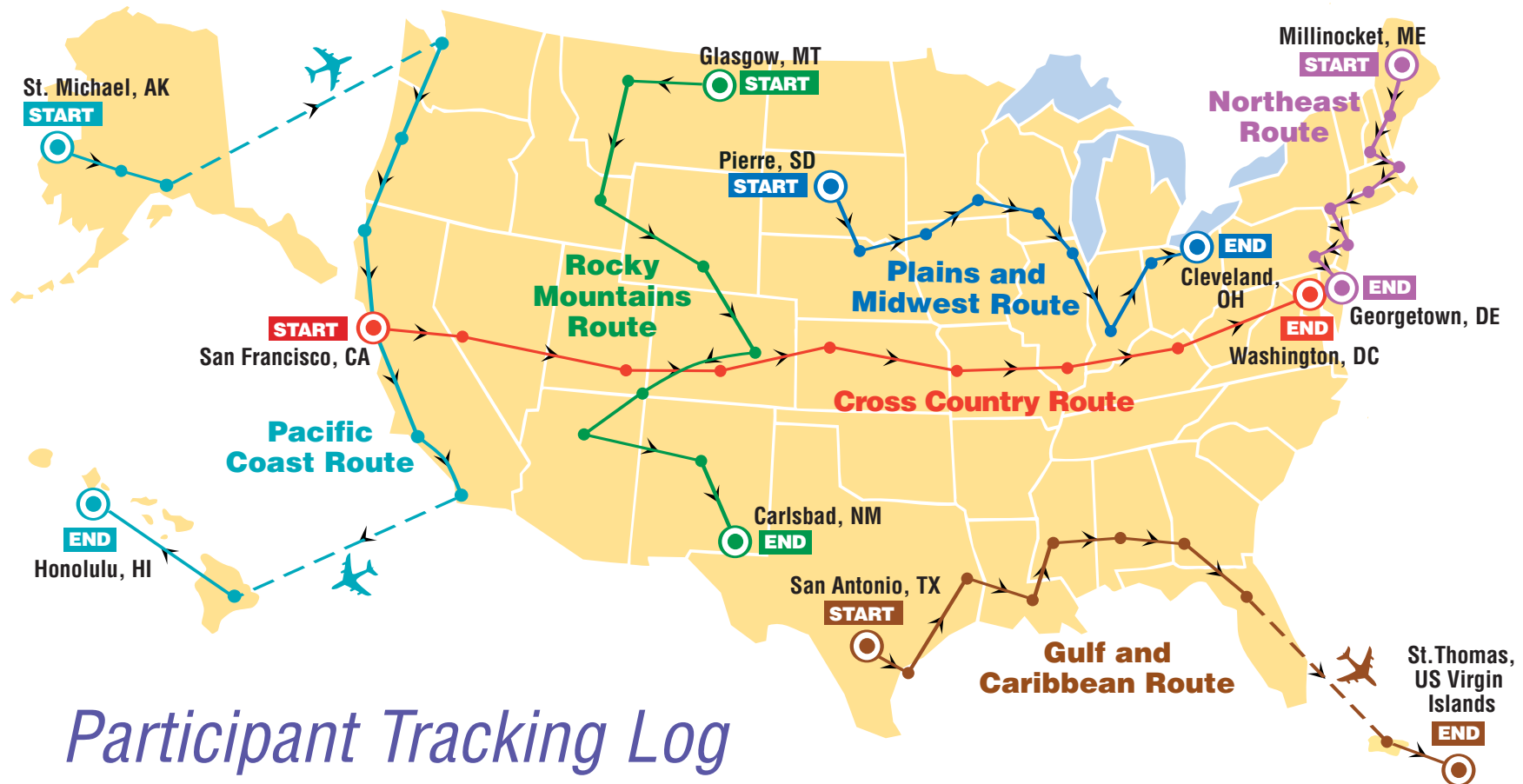


WOMAN Challenge

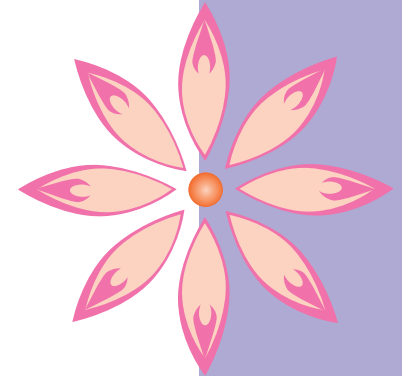
Women and girls **O**ut **M**oving **A**cross the **N**ation

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Participant Tracking Log

Participant Physical Activity Tracking Log





What do I do?

- 1** Record your physical activity every day in steps, time, or miles. If you choose to use a pedometer, wear your pedometer all day every day to track your physical activity. Your pedometer records “steps” or major movements of your body. If you usually walk to move about, you should wear it on your waist. If you use a wheelchair, walker, or cane, you may want to wear an arm-band pedometer on your arm or wrist.
- 2** At the end of each day, record your physical activity (in steps, time, or miles) in the calendar below.
- 3** Visit the MY Challenge section of the WOMAN Challenge website (womenshealth.gov/woman) to submit your physical activity (in steps, time, or miles each week – don’t worry, we’ll remind you!
- 4** Get moving each day to reach your goal and advance along your virtual route.
- 5** Receive motivational emails, useful health information, and regular progress reports when you record your activity on the interactive website.”

Meeting your goal

If you meet your goals, you will complete your virtual route by the end of the challenge.

 **If you are participating as part of a team,** your movement along the virtual route is based on whether or not all of your teammates achieve their own weekly physical activity goals.

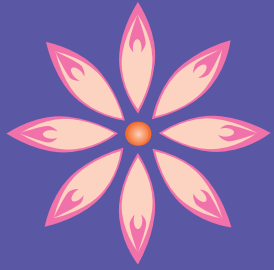
 **If you are participating as an individual,** your movement along the virtual route is based on whether or not you meet your individualized weekly goals.

Step Conversion Guide

Some activities are difficult to measure using a pedometer. Use this conversion guide to include these activities in your pedometer readings.

Lap swimming	172 steps per minute
Biking	148 steps per minute
Water aerobics	116 steps per minute
Gardening	73 steps per minute
Housecleaning	51 steps per minute

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
MAY	13 <i>Mother's Day</i>	14	15	16	17	18	19	
	<div>← NATIONAL WOMEN'S HEALTH WEEK →</div>							
	20	21	22	23	24	25	26	
JUNE	27	28 <i>Memorial Day</i>	29	30	31	1	2	
	3	4	5	6	7	8	9	
	10	11	12	13	14	15	16	
JULY	17 <i>Father's Day</i>	18	19	20	21	22	23	
	24	25	26	27	28	29	30	
	1	2	3	4 <i>Independence Day</i>	5	6	7	
<div>🌸 Grand Total⇒</div>								



WOMAN Challenge

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*For WOMAN Challenge information:
womenshealth.gov/woman*



For Health Information:
womenshealth.gov
GirlsHealth.gov

1-800-994-9662, TDD: 1-888-220-5446